

TRY THIS AT HOME:
Delicious Deviled Eggs



You will need:

2 eggs, hard boiled
1/2 teaspoon milk (skim or 1%)
1 1/2 teaspoons light mayonnaise
Dash of salt

PREP TIME: 20 minutes

Dash of dry mustard
Dash of sugar
Paprika to taste
Help from an adult

Great for an after school snack!

1. Peel eggs. Cut in half lengthwise.
2. Remove yolks and place in a mixing bowl. Place whites in rows on a tray.
3. Mash yolks, using a wire whisk, fork or hand mixer.
4. Add the milk to the mashed yolks and mix until blended.
5. Add the mayonnaise and a dash of salt, dry mustard and sugar to yolks.
6. Mix until smooth.
7. Refill each egg white half with about 1 1/2 tablespoons of the yolk mixture.
8. Sprinkle with paprika (optional).

SERVING SIZE: 2 halves

Fun Fact

Eggs are full of nutrients but every large egg yolk contains over 200mg of cholesterol. Too much cholesterol can be bad for your heart. Try limiting egg yolks to 3 to 4 a week. When making omelets or scrambled eggs you can use two egg whites for every one egg yolk.